

October

UP



YOUR SPORTS

DODGEBALL AND VOLLEYBALL!!!

WHEN

Dodgeball on Wednesdays at
5:00pm to 6:00pm

Volleyball on Thursdays at 6:00pm

WHERE

Both in the Gymnasium

**THIS PROGRAM
IS FOR ALL AGES!**

Children 15 and
under must be
accompanied by an
adult.

QUESTIONS?

Contact Fitness
Specialists
Ryan Grist or
LaWanna Jones.

COST?

Members-FREE

Nonmembers—
Daily Fee Required

WHAT WILL IT BE LIKE?

Classes will offer 2
parts:

1. Sport
Introduction and
Skills Training
2. FREE PLAY!!!

LITTLE ROCK



Parks & Recreation